

HEALTH MATTERS

CINCINNATI HEALTH DEPARTMENT NEWSLETTER

JULY 2019
Vol. IX Issue VII

"We Know Health Matters",
CHD's show on Citicable,
Time Warner Ch. 23.

Playback Times

Mon	9, 11 a.m.
Wed	5 p.m.
Thur	2 p.m.
Fri	9 a.m.
Sun	3 p.m.

Also available online on Vimeo



If you have anything you would like to
share in the newsletter please send
information to Marla Fuller at
marla.fuller@cincinnati-oh.gov

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Don't Let Measles Be Your Travel Souvenir

Stay safe and healthy when traveling. Make sure you and your family are vaccinated for measles before you travel.

Are you traveling in the U.S. or abroad? You might not think about measles when you are preparing for your trip, but it is a health risk in many destinations. Make sure you and your family are vaccinated for measles and other diseases before you travel this year.

What is Measles?

Measles is a highly infectious viral disease that can easily spread through the air by breathing, coughing, or sneezing. It is so contagious that anyone who is exposed to it and is not immune will probably get the disease. respiratory droplets (coughs, sneezes), or contact with surfaces contaminated by fresh virus, or the air (for up to 2 hours).

Measles virus can remain infectious in the air for up to two hours after the infected person leaves the area. Therefore, you are unlikely to know that you've come into contact with the virus.

What are the signs and symptoms of measles?

People who have measles first develop cough, congestion, and watery red eyes. This is shortly followed by a fever that is often extremely high, including 103-105°F. Four to seven days after the first symptoms such as cough, the person may develop a rash. The measles rash typically starts on the face or head and progresses downward and out to other parts of the body.

Measles symptoms typically include:

- High fever (may spike to more than 104°F)
 - Cough
 - Runny nose
 - Red, watery eyes
- Rash breaks out 3-5 days after symptoms begin



Complications of the measles

While most people with measles will recover, some will get extremely sick, some will die, and others will develop complications years later. For example, 1 in 5 unvaccinated people who get measles will need to be hospitalized. In addition, 1 out of 20 may get pneumonia; 1 out of every 1,000 measles cases will develop acute encephalitis (swelling/ inflammation of the brain) which will often result in permanent brain damage, and 2 out of 1,000 people may die. Up to 3 out of every 1,000 children who become infected with measles will die from respiratory and neurologic complications.

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Heatwaves and Heat Warnings can your impact health

Heat or hot weather that lasts for several days (generally 10 degrees or more above average) and often combined with excessive humidity, is often referred to as "a heatwave." Heatwaves can have a significant impact on society, including a rise in mortality and morbidity. In fact, in recent years, excessive heat has caused more deaths than all other weather events, including floods.

Each National Weather Service (NWS) Forecast Office issues some or all of the following heat-related warnings as conditions warrant. All NWS local offices often collaborate with local partners to determine when an alert should be issued for a local area. Take a moment to learn about the advisory system so you can keep your loved ones safe from heat-related illnesses.

- **Excessive Heat Warning—Take Action!** An Excessive Heat Warning is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Warning is when the maximum heat index temperature is expected to be 105° or higher for at least 2 days and night time air temperatures will not drop below 80°. Criteria varies across the country, especially for

areas not used to extreme heat conditions. If you don't take precautions immediately when conditions are extreme, you may become seriously ill or even die.

- **Excessive Heat Watches—Be Prepared!** Heat watches are issued when conditions are favorable for an excessive heat event in the next 24 to 72 hours. A Watch is used when the risk of a heat wave has increased but its occurrence and timing is still uncertain.
- **Heat Advisory—Take Action!** A Heat Advisory is issued within 12 hours of the onset of extremely dangerous heat conditions. The general rule of thumb for this Advisory is when the maximum heat index temperature is expected to be 100° or higher for at least 2 days, and night time air temperatures will not drop below 75°.
- **Excessive Heat Outlooks** are issued when the potential exists for an excessive heat event in the next 3-7 days. An Outlook provides information to those who need considerable lead-time to prepare for the event.

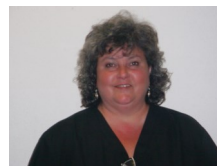
Excessive Heat Watch - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

Heat Advisory - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs= 100-105° Fahrenheit).

Excessive Heat Warning - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs= 105-110° Fahrenheit).

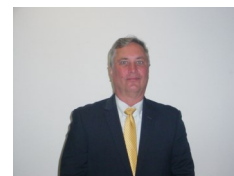
CHD Welcomed New Staff in June 2019

Jo Ann Martini - Dental Assistant - CCPC/Dental 6/16/2019 (photo attached)
 Mackenzie Hoban - Dentist - CCPC/Dental 6/16/2019 (photo attached)
 William Scott Dean - Public Health Educator - CHES 6/30/2019 (no photo)
 Nicole Lacasse - Public Health Practitioner - CCPC 6/30/2019 (no photo)



Transfers to Health

Angela Bredestege - Administrative Specialist - CCPC/Board Clerk 6/2/2019
 Jon Lawniczak - Administrative Specialist - Ofc of the Commissioner 6/16/2019
 Axel Nyilbakwe - Accountant - TRD/Fiscal - 6/30/2019 (no photo)



Events & Shout Outs!

The Ambrose H. Clement Health Center is moving to 3559 Reading Road, Suite 101 later this month. We hope that you follow us to our new facility. We'll provide the same great quality of care for our patients at our new facility.

Hours of operation:

Monday – Friday

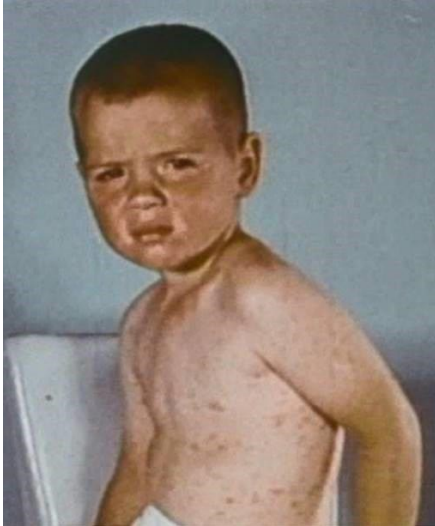
8:00 a.m. – 5:00 p.m.

Call 513.357.7320 for an appointment

Follow us on Facebook, Twitter and Instagram or visit us online to learn more.

Don't Let Measles Be Your Travel Souvenir

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Measles can cause a fatal degenerative disease that does not develop for 7-10 years later resulting in death. Measles can be especially dangerous to people with compromised immune systems and women who are pregnant and their unborn babies, as well as infants and children less than 5 years old.

Someone with measles can spread it to others starting four days before rash appears to four days afterwards. This means that people who don't know that they're sick can transmit it to others. Travelers who are not vaccinated are at risk of getting measles.

The best protection against measles

The best way to protect yourself and your loved ones from measles is by getting vaccinated. The measles-mumps-rubella (MMR) vaccine protects against all 3 diseases. Two doses of MMR vaccine provide 97% protection against measles.

Before any national/ international travel—

- Infants 6 months through 11 months of age should receive one dose of MMR vaccine.

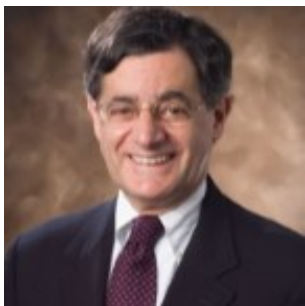
- Children 12 months of age and older should receive two doses of MMR vaccine separated by at least 28 days. Teenagers and adults who do not have evidence of immunity* against measles should get two doses of MMR vaccine separated by at least 28 days.

Infants who get one dose of MMR vaccine before their first birthday should get two more doses according to the routinely recommended schedule (one dose at 12 through 15 months of age and another dose at 4 through 6 years of age or at least 28 days later).

You should plan to be fully vaccinated at least 2 weeks before you depart. Getting your MMR vaccine in advance of your travels ensures that your body has time to respond to the vaccine, so that you are protected from measles before you leave the country. If your trip is less than 2 weeks away and you're not protected against measles, you should still get a dose of MMR vaccine.

What to watch for after you're home

Watch your health for 3 weeks after you return. If you or your child gets sick with a rash and fever, call your doctor. Be sure to tell your doctor that you traveled abroad, and if you have received MMR vaccine.

A Message from the Board of Health

Phil Lichtenstein, MD
Board Chair

I am pleased to welcome Ms. Virginia Scott, MSN, RN-BC, as our new Nursing Director, Quality and Compliance. Ms. Scott is a dedicated and compassionate healthcare leader with experience in care coordination, population health practice transformation, case management, and care transitions.

She is joining us from Northern Virginia where she served as the Regional Director of Care Management of the Patient-Centered Medical Home, a shared saving program that compensates primary care providers for higher engagement in managing the health risks of their patient populations, for CareFirst BlueCross BlueShield.

Ms. Scott earned her Master's in Nursing Leadership and Management from Walden University and her Bachelor of Science Health Care Administration from Wilberforce University. She is board by American Nurses Credentialing Center in Cardio-Vascular.





Viral hepatitis is a public health threat, both domestically and abroad. Hepatitis A, hepatitis B, and hepatitis C are the most common types of viral hepatitis in the United States. For World Hepatitis Day, learn more about the different types of viral hepatitis that impact millions worldwide.

“Hepatitis” means inflammation of the liver, an organ vital in regulating many of the body’s functions. Viral hepatitis — a group of infectious diseases known as hepatitis A, B, C, D, and E — affects millions of people worldwide, causing both acute (short-term) and chronic (long-term) liver disease.

According to the U.S. Department of Health & Human Services, viral hepatitis is a major global health threat with more than 290 million people living with chronic hepatitis B and up to 150 million people living with chronic hepatitis C. World Hepatitis Day is observed annually on July 28, the birthday of Dr. Baruch Blumberg (1925-2011). Dr. Blumberg discovered the hepatitis B virus in 1967 and two years later developed the first hepatitis B vaccine and for these achievements won the Nobel Prize.

World Hepatitis Day is one of eight official disease-specific world health days designated by the World Health Organization. The annual observance focuses attention on the huge impact of viral hepatitis infection globally – with as many as one in 12 people worldwide living with either chronic hepatitis B or C. The World Hepatitis Alliance, a non-governmental organization that represents hepatitis B and hepatitis C patient groups from around the world, also helps to support and coordinate this global observance.

Many people with hepatitis do not have symptoms and do not know they are infected. If symptoms occur with an acute infection, they can appear anytime from two weeks to six months after exposure. Symptoms of chronic viral hepatitis can take decades to develop.

There are five distinct hepatitis viruses- A, B, C, D and E. Each virus has a different mode of transmission, acts in different populations and causes different health outcomes. Viruses B and C create the highest burden worldwide, but viruses A, D and E also remain a global health concern.

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Learn How To Control Asthma



Asthma is a disease that affects your lungs. It causes repeated episodes of wheezing, breathlessness, chest tightness, and nighttime or early morning coughing. Asthma can be controlled by taking medicine and avoiding the triggers that can cause an attack. You must also remove the triggers in your environment that can make your asthma worse.

What Is an Asthma Attack?

An asthma attack may include coughing, chest tightness, wheezing, and trouble breathing. The attack happens in your body’s airways, which are the paths that carry air to your lungs. As the air moves through your lungs, the airways become smaller, like the branches of a tree are smaller than the tree trunk. During an asthma attack, the sides of the airways in your lungs swell and the airways shrink. Less air gets in and out of your lungs, and mucous that your body makes clogs up the airways even more.

You can control your asthma by knowing the warning signs of an asthma attack, staying away from things that cause an attack, and following your doctor’s advice. When you control your asthma: you won’t have symptoms such as wheezing or coughing, you’ll sleep better, you won’t miss work or school, you can take part in all physical activities, and you won’t have to go to the hospital.

What Causes an Asthma Attack?

An asthma attack can happen when you are exposed to “asthma triggers”. Your triggers can be very different from those of someone else with asthma. Know your triggers and learn how to avoid them. Watch out for an attack when you can’t avoid the triggers. Some of the most common triggers are tobacco smoke, dust mites, outdoor air pollution, cockroach allergen, pets, mold, and smoke from burning wood or grass.

How Is Asthma Treated?

Take your medicine exactly as your doctor tells you and stay away from things that can trigger an attack to control your asthma.

The five hepatitis viruses – A, B, C, D and E – are distinct; they can have different modes of transmission, affect different populations, and result in different health outcomes.

- Hepatitis A is primarily spread when someone ingests the virus from contact with food, drinks, or objects contaminated by feces from an infected person or has close personal contact with someone who is infected. Hepatitis A does not cause chronic liver disease and is rarely fatal, but it can cause serious symptoms. Hepatitis A can be prevented through improved sanitation, food safety, and vaccination.
- Hepatitis B is often spread during birth from an infected mother to her baby. Infection can also occur through contact with blood and other body fluids through injection drug use, unsterile medical equipment, and sexual contact. Hepatitis B is most common in sub-Saharan Africa and Asia, but is also high in the Amazon region of South America, the southern parts of eastern and central Europe, the Middle East and the Indian subcontinent. The hepatitis B virus can cause both acute and chronic infection, ranging in severity from a mild illness lasting a few weeks to a serious, chronic illness. If infected at birth or during early childhood, people are more likely to develop a chronic infection, which can lead to liver cirrhosis or even liver cancer. Getting the hepatitis B vaccine is the most effective way to prevent hepatitis B. WHO recommends that all infants receive the hepatitis B vaccine as soon as possible after birth, followed by 2-3 additional doses. In many parts of the world, widespread infant vaccination programs have led to dramatic declines of new hepatitis B cases.
- Hepatitis C is spread through contact with blood of an infected person. Infection can occur through injection drug use and unsafe medical injections and other medical procedures. Mother-to-child transmission of hepatitis C is also possible. Hepatitis C can cause both acute and chronic infections, but most people who get infected develop a chronic infection. A significant number of those who are chronically infected will develop liver cirrhosis or liver cancer. With new treatments, over 90% of people with hepatitis C can be cured within 2-3 months, reducing the risk of death from liver cancer and cirrhosis. The first step for people living with hepatitis C to benefit from treatments is to get tested and linked to care. There is currently no vaccine for hepatitis C but research in this area is ongoing.
- Hepatitis D is passed through contact with infected blood. Hepatitis D only occurs in people who are already infected with the hepatitis B virus. People who are not already infected with hepatitis B can prevent hepatitis D by getting vaccinated against hepatitis B.
- Hepatitis E is spread mainly through contaminated drinking water. Hepatitis E usually clears in 4-6 weeks so there is no specific treatment. However, pregnant women infected with hepatitis E are at considerable risk of mortality from this infection. Hepatitis E is found worldwide, but the number of infections is highest in East and South Asia. Improved sanitation and food safety can help prevent new cases of hepatitis E. A vaccine to prevent hepatitis E has been developed and is licensed in China, but is not yet available elsewhere.



Physician Spotlight

Grant M. Mussman, MD, MHSA is a pediatrician and serves as Associate Medical Director for the Cincinnati Health Department. After a decade as a pediatric hospitalist at Cincinnati Children's, he joined the health department in 2018 and practices primarily at Braxton Cann Medical Center and at Price Hill Health Center. He began serving as Associate Medical Director for School Health and School-Based Health Centers in March of 2019.

Dr. Mussman's profession interests include systems improvement and measurement as well as systems improvement infrastructure and higher level improvement theory. Dr. Mussman completed his general pediatrics residency training at the University of Virginia in 2005 and practiced for two years as a general pediatrician in Richmond, Virginia. He then moved to Cincinnati to start practice

as a pediatric staff hospitalist at Cincinnati Children's Hospital in 2007. In 2012, Dr. Mussman officially joined the pediatric faculty as an instructor and became assistant professor in 2013 with research interests in viral lower respiratory infections of infancy and systems improvement. Dr. Mussman's systems improvement work included improvements in communication between hospitalists and primary care providers, and improvements in inpatient and emergency department management of patients with bronchiolitis in a large improvement collaborative.

What he likes most about working at the Cincinnati Health Department is the interaction with community members and the increased integration of services. "I really love working in the clinics and making a difference in a neighborhood, and I love the difference we make with our school nurses and school based health centers," said Dr. Mussman. "We're just so well positioned to make a difference in people's lives."

His hobbies include jogging (slowly), complaining about the dog, and amateur astronomy. He and his wife Susan have three children, 8 year old twins Arthur and Eva and their 5 year old little brother Jack, who spend their summers on the swim team, at farm camp, or the beach.

CONGRATULATIONS, MS. SHEILA NASH, EMPLOYEE OF THE MONTH—JULY 2019



Ms. Shelia Nash has been a city employee for over 30 years. Ms. Nash started her career at CHD in 1986. Prior to working at CHD Sheila worked at a nursing home as a nurse's aide. Ms. Nash's interest in public health was born when one of her pregnant co-workers went into labor and she helped get her to the hospital to deliver her baby. After giving birth, Ms. Nash overheard a conversation that the new mom had with the nurse that was assisting her with her newborn. It was then that she heard that the Cincinnati Health Department was hiring certified Nursing Aides. Ms. Nash immediately applied for the position the following day. Soon thereafter, Ms. Nash was hired as a nursing aide and the rest is history.

Ms. Nash has worked in Adult Nursing as a Home Health Aide for 23 years. During this time, she loved monitoring patient by observing physical and mental condition, as well as performing additional duties including intake and output, and exercise. In this role, she also supports patients by providing house-

keeping and laundry services; shopping for food and other household requirements; preparing and serving meals and snacks; and running errands.

Years later, Ms. Nash decided to take on another role, and started working making phone calls, 200-300 a day, for patient appointments including primary care and dental. Once the phone system became automated, Ms. Nash was in for another adventure, and took on the responsibility of working at the front desk at the Burnet and King facility. If you've been to the CHD, you've certainly been greeted by her with a warm welcome and smiling face. Ms. Nash's bubbly personality, kind and gentle spirit, and friendly nature allows her to serve in this role seemingly meant especially for her responsible and outgoing disposition. Daily, she assists visitors or patients visiting our health center to ensure they know how to get to their intended destination. She also assist with parking, emergencies and many deliveries among many other duties.

Health Commissioner Melba R. Moore, MS, CPHA, described Ms. Nash as being one of CHD's most excellent representative for customer services. "She is highly reputed for her concern and courtesy. Such personal attributes also reflect well on the whole health department."

One of Ms. Nash's biggest accomplishments was her involvement in the living wage increase a few years ago. She was a big advocate for living wage increase in 2016, which increased minimum salaries for full time City Employee's to \$15 dollars and hour, and part-time city employees to \$10.10 an hour. The living wage increase was supported by Mayor John Cranley, and City Council passed the Ordinance on a 5-3 vote. Please join me in congratulating Ms. Nash on her latest accomplishment of being recognized as the July 2019 Employee of the Month! Way to go Sheila!



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